



Hoisin Flounder



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



367 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 3.5 ounce brown rice
- ☐ 3 tablespoons canola oil divided
- ☐ 1.5 teaspoons sesame oil dark
- ☐ 24 ounce sushi-grade yellowtail flounder
- ☐ 1.5 teaspoons ginger fresh minced
- ☐ 2 spring onion thinly sliced
- ☐ 2 tablespoons hoisin sauce

- ☐ 0.3 teaspoon kosher salt
- ☐ 2 teaspoons soy sauce
- ☐ 1 cup mushroom caps sliced
- ☐ 1 cup snow peas diagonally sliced
- ☐ 1 tablespoon water

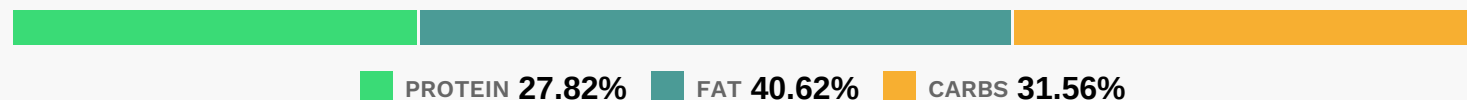
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Prepare rice according to package.
- ☐ Combine hoisin and next 5 ingredients in a bowl. Reserve 4 teaspoons.
- ☐ Heat a nonstick skillet over medium-high heat.
- ☐ Add 1 tablespoon canola oil.
- ☐ Sprinkle fillets with salt.
- ☐ Add two fillets to pan; cook 4 minutes. Turn; brush each with 1 teaspoon hoisin mixture. Cook 2 minutes.
- ☐ Remove fish from pan. Repeat with 1 tablespoon canola oil, 2 fillets, and 2 teaspoons hoisin mixture.
- ☐ Heat a skillet over high heat.
- ☐ Add 1 tablespoon canola oil.
- ☐ Add peas and onions; saut 1 minute.
- ☐ Add mushrooms; saut 2 minutes.
- ☐ Place 1/2 cup rice onto each of 4 plates. Top each with 1 fillet and 1/2 cup vegetables; drizzle with 1 teaspoon hoisin mixture.

Nutrition Facts



Properties

Glycemic Index:42.44, Glycemic Load:11.52, Inflammation Score:-6, Nutrition Score:22.762173797773%

Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 366.62kcal (18.33%), Fat: 16.58g (25.5%), Saturated Fat: 1.93g (12.07%), Carbohydrates: 28.98g (9.66%), Net Carbohydrates: 25.61g (9.31%), Sugar: 4.68g (5.19%), Cholesterol: 76.78mg (25.59%), Sodium: 511.07mg (22.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.54g (51.09%), Selenium: 48.85µg (69.78%), Manganese: 1.22mg (60.83%), Phosphorus: 580.46mg (58.05%), Vitamin D: 4.99µg (33.26%), Vitamin B12: 1.92µg (32.03%), Vitamin B3: 5.34mg (26.69%), Vitamin B6: 0.51mg (25.61%), Vitamin K: 26.86µg (25.58%), Magnesium: 88.91mg (22.23%), Vitamin E: 3.1mg (20.64%), Vitamin C: 15.9mg (19.27%), Vitamin B5: 1.74mg (17.39%), Potassium: 600.74mg (17.16%), Fiber: 3.37g (13.47%), Vitamin B2: 0.22mg (12.69%), Vitamin B1: 0.19mg (12.68%), Zinc: 1.77mg (11.79%), Copper: 0.22mg (11.14%), Iron: 1.73mg (9.6%), Folate: 38.01µg (9.5%), Vitamin A: 384.11IU (7.68%), Calcium: 64.63mg (6.46%)